

# COMMUNITY ACTION MACHYNLLETH AND DISTRICT

England & Wales · Charity number 1071497

## Details

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**Other names** CAMAD

**Status** Registered

**Legal form** Other

**Registered** 1998-09-14

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Camad  
The Care Centre  
Forge Road  
Machynlleth  
SY20 8EQ

**Phone** 01654700071

**Email** [office@camad.org.uk](mailto:office@camad.org.uk)

**Website** [www.camad.org.uk](http://www.camad.org.uk)

## Activities

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**Objects:** TO PROMOTE ANY OR ALL PURPOSES DEEMED BY LAW TO BE CHARITABLE FOR THE BENEFIT OF THE COMMUNITY IN MACHYNLLETH AND DISTRICT AND IN PARTICULAR THE RELIEF OF POVERTY, DISTRESS, SICKNESS AND DISABILITY, THE ADVANCEMENT OF EDUCATION AND THE FURTHERANCE OF HEALTH

**Activities:** CAMAD is a volunteer centre and community support project covering the Dovey Valley in Mid-Wales. We promote and encourage volunteering and help potential volunteers find suitable opportunities. We also run community support activities, using volunteers, such as community transport, meals on wheels, lunch clubs and Foot care and "PATHWAYS Drop inn for people with Mental Health problems.

## Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- **Area of benefit:** MACHYNLLETH AND DISTRICT
- Powys

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£62,270	£49,033	-	-
2024-06-30	£23,245	£49,055	-	-
2023-06-30	£68,589	£64,866	-	-
2022-06-30	£67,276	£64,627	-	-
2021-06-30	£65,413	£61,329	-	-

## Trustees

Name	Role	Appointed
BRENDA HUGHES		
GORDON CHRISTOPHER HUGHES		2012-04-13
Richard Alwyn Evans Cllr		2025-11-28
Roderick Charles Edwards		2025-11-28
Sabina Cantor		2016-12-02
Sarah Williams		2025-11-28

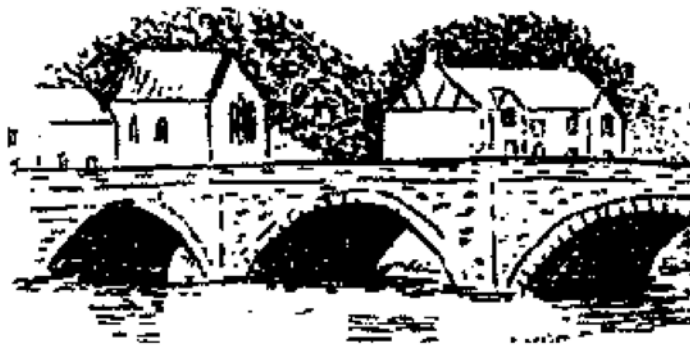
**COMMUNITY ACTION MACHYNLLETH AND DISTRICT**

England & Wales - Charity number 1071497

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# Accounts

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## **Annual Report of the Trustees and Financial Statements**

For the year  
1<sup>st</sup> July 2024 to 30<sup>th</sup> June 2025

The Care Centre, Forge Road, Machynlleth, SY20  
8EQ

Telephone (01654) 700071  
e mail [office@camad.org.uk](mailto:office@camad.org.uk)  
Website [www.camad.org.uk](http://www.camad.org.uk)

Registered Charity Number 1071497

# Funded and supported by

## Funded

**Powys County Council.**

**Powys Teaching Board.**

**Moondance Foundation**

**National Lottery,  
Awards for All.**

**McCarthy Stone Foundation.**

**Powys Association of Voluntary Organisations (PAVO)**

**Wales Council for Voluntary Action (WCVA)**

## Supported

**Machynlleth Rotary Club**

**Cllr Michael Williams dec'd**

**Ecodyfi**

# The Trustees present their Annual Report with Financial Statements for the year beginning 1st July 2024 and ending 30th June 2025.

**Charity's Principal Address**      The Care Centre  
Forge Road  
Machynlleth  
Powys  
SY20 8EQ  
Telephone (01654) 700071  
Email [office@camad.org.uk](mailto:office@camad.org.uk)  
Website [www.camad.org.uk](http://www.camad.org.uk)

**Trustees**

Chair	Gordon Hughes
Secretary	Duncan Toms
Treasurer	Brenda Hughes
Other Trustees	Cllr Michael Williams to 26.7.25 Cllr Monica Atkins to 03.06.25 Sabrina Cantor Sandra Bendelow to 31.07.25 Sarah Williams to 04.07.25 Ronald Olden

**Bankers**

HSBC Bank plc  
Aberystwyth  
19 Great Darkgate Street  
Aberystwyth  
Ceredigion  
SY23 1DE

**Constitution.** Community Action Machynlleth & District, CAMAD, was registered with the Charity Commissioners and its Constitution was adopted on 2nd July 1998. This Constitution is now very out of date and is in the process of being reviewed in consultation with PAVO, a Resolution being put to Members at the forthcoming AGM.

**Registered Charity Number** 1071497

# Management Structure

## Trustees:

A board of 9 trustees who meet at least 4 times per year.

Trustees are recruited by approaching local individuals and organisations including Machynlleth Town Council, and through occasional local advertising.

## Staff

CAMAD employs a Manager and an Admin Officer both of whom are part time. It is funded with grants from Powys County Council and Powys Teaching Health Board, also from generous local donations but mainly by grants from Charitable Trusts which must be applied for on a continuous basis to enable the Charity to continue to provide its services to the residents of the Dyfi Valley.

Linda Hayward: Manager (part time)

Amanda Grundy Administrator (part time) to 28<sup>th</sup> March 2025

Providing a 4 days per week open door service 9.30 to 3pm.

Answer phone, email, Facebook, outside of these hours.



## **Statement of Public Benefit**

Under the Charities Acts the Trustees are required to identify the public benefit of the work of the Charity and to define who benefits.

CAMAD is a Community Support organisation and deals almost exclusively with other voluntary organisations which are not-for-profit and usually registered Charities. It also works with statutory bodies, such as Powys County Council and Powys Local Health Board by providing Volunteers to support people needing to get to hospital appointments, prescription deliveries and delivering Meals on Wheels.

CAMAD uses mainly Volunteers to help people who are less able because they have wellbeing issues, have a mobility disability or maybe are just finding that being older makes things a bit more difficult. This help may be finding a gardener or getting some shopping, in fact, anything which can't easily be done but which is a relatively simple task. CAMAD does not carry out work which should be done by a professional or which might threaten the livelihood of local traders. For example, many people with a disability would find it very difficult to change a light bulb but to call in an electrician is hardly necessary. Much of CAMAD's work in this field is concerned with community transport. With a very limited public transport system, most people can find getting to the doctor, dentist, Flu and Covid vaccinations or out-patient clinic almost impossible and getting a taxi to go, say, from the Machynlleth area to Bronglais Hospital may easily cost over £50. This may be affordable to some but if treatment is needed over a period of time it becomes hugely expensive. To help meet this need CAMAD provides a Community Car service with Volunteer drivers using their own cars. It also runs a Taxi-Card scheme which gives members access to half price taxi fares up to an annual limit, which depends on the Charity's finances. It also runs clubs for older people who live in isolation and who would otherwise not be able to socialise.

Many of CAMAD's Volunteers are older, retired people but by no means all and often they will fit volunteering into their daily lives, be it driving a train or bringing up a family. Volunteering is particularly helpful to people who have not been working for some time whether through illness, redundancy, caring duties or some other reason. CAMAD has a number of examples of people for whom volunteering with our organisation has led to paid work or just the experience has been enough to rebuild the confidence they have needed to get them started again.

Much of what we do is free, such as collection and delivery of prescriptions, but we do have to make a charge in some cases where we incur costs which cannot be covered by our fund-raising efforts. Where we do make a charge, it is only the cost to CAMAD of providing the service. For example, a charge of £10 is made to members of the Foot Care Club to defray the costs of nail clippers, nail files and hiring a suitable room. No profit is made from any of our activities.

The services we offer are:

- Lunch Club
- Meals on Wheels
- Foot Care
- Community Car Service
- Taxi Card Scheme
- Prescription Delivery
- Women's Support Group
- Wellbeing Group
- Signposting to appropriate agencies
- Recruiting Volunteers to provide these services.

## Activities and Objectives

**CAMAD** is a Volunteering Community Support Service covering Machynlleth and the Dyfi Valley. We have been running since 2<sup>nd</sup> July 1998. Our catchment area covers parts of the three counties of Powys, Ceredigion and Gwynedd. It is a rural area with a widely dispersed community in many outlying villages. Public transport is limited.

**Volunteering** – We recruit volunteers to help provide the services we offer to vulnerable members of our community and those with health and mobility issues. These can range from Befriending to Meals on Wheels deliverers. Our ethos is to support our volunteers rather than simply placing them (unless that's all they require). We want to ensure they get the most from their volunteering and become an included part of the CAMAD family.

**Elderly Care** – we have an excellent reputation for our work with the elderly, providing volunteer drivers and deliverers for Meals on Wheels twice weekly on Tuesdays and Fridays [a service we now manage after it fell victim to financial crisis Council cuts], a monthly Lunch Club, and a fortnightly Foot Care service using volunteers who are trained by NHS podiatrists (both practical and anatomy/physiology)

**Unemployment** – We aid unemployed volunteers to find placements which both improve their employability but also afford an opportunity to try out new things and uncover skills they never knew they had. A number of the people we have helped have had depressive conditions and we extend our supported volunteering to them

**Community Transport** – We operate a community car service where volunteers drive clients to health and dental appointments shopping and family visits. We help with journeys to Aberystwyth, Carmarthen, Llanidloes Swansea, Wrexham, Cardiff and often to hospitals in England. People need our help partly because the transport links are so poor. Our service is vital to some who have no other way of travelling it proved itself to be invaluable with the first roll out of Covid Vaccinations in 2021.

Additionally, we run a Taxi Card scheme – for a £9 annual fee, members are entitled to 50% off their taxi journeys up to a value of £50 to £100 (depending on funds). We currently have 36 members but sadly only one taxi company, Mach Taxis ceased trading in August this year and we now rely on Peter's Taxi to provide this service.

We organise a once a monthly Lunch Club for the elderly at The Wynnstay Hotel which currently has over 20 members. It provides a hot meal and companionship which relieves social isolation.

**A social Foot care service** for older people. Volunteers are trained to do basic nail cutting. Keeping feet healthy reduces the likelihood of falls in the home and helps maintain independence and social networks and currently has 32 members.

CAMAD took over the Machynlleth **Meals on Wheels** from PCC which was due to be scrapped due to the funding cuts. As we have organised it on their behalf for 13 years, we felt it was a service that should not be lost to the town so took it on as one of our core services.

We also offer a **Prescription collection** and medicine delivery service which we started during the Covid pandemic.

We also run a **Women's support Group** that meets every Wednesday between 10am and 12pm with 20+ members. It is a peer support group, many good friendships have been made within the group enabling them to join other clubs together. It is a social group with refreshments, speakers and outings and has been running now for the last 8 years.

**Mental Health & Wellbeing** – CAMAD Pathways Project ceased in April 2023 due to staff leaving and coming to the end of the funding. We now run a small meeting on Tuesdays between 1pm and 3pm. We have a small comfortable lounge area and communal kitchen. There is always tea and biscuits in the kitchen and informal therapeutic activities including art and general discussion.

Our principle is to offer a space where people can enjoy each other's company, confidentially, knowing that everyone who uses the service has shared similar troubles. We don't sit around talking about mental health - in fact it's a very good-humoured set-up. The point is there is the freedom to talk openly about what matters to you in social surroundings. Sometimes these things can't be talked about comfortably at home, and it's so easy to become isolated in the midst of depression.

The nearest NHS mental health support is in Aberystwyth 19 miles away, or Newtown 28 miles away. We have been endorsed by our local surgery with whom we have a good relationship in this field through running a Volunteering-On-Prescription programme (which is where we gained our credibility as effective providers of support in the area of mental health).

**Our objective** is to continue finding funders who appreciate the need for core cost assistance, which is growing harder and harder. Yet these unrestricted funds are essential to the running of our day-to-day vital services. Our endeavour is to do as much as we can for the community at a time when UK and Welsh government, and local authority funding is diminishing. There are no other organisations in our community offering the same types of support we do

## **CAMAD's Activities from July 2024 to June 2025**

(Note: We do not have figures for prescription deliveries.)

### **Foot Care Service** (twice a month)

Members: 17    Sessions: 26    Volunteers: 2    Staff: 1

### **Lunch Club** (Monthly)

Members: 22    Sessions: 12    Volunteers: 2    Staff: Admin only

### **Women's Group** (weekly)

Members: 15    Sessions: 50    Volunteers: 0    Staff: 1

### **Taxi-Card**

Members: 20    Journeys: 109

### **Meals on Wheels** (twice weekly)

Members: 15    Meals: 1077    Volunteers: 3    Staff: Admin only

### **Community Car** (when required)

Members: Anyone.    Journeys: 91    Volunteers: 6    Staff: Admin only

Mileage: 7426

Destinations:

Hospital	Dentist	Opticians	Other
Bronglais	Aberystwyth	Aberystwyth	Dolgellau
Glangwili	Machynlleth		
Gobowen	Newtown		
Newtown	Rhayader		
Shrewsbury	Dolgellau		
Swansea			
Telford			

## **Acknowledgements.**

The Trustees would like to thank all of our funders for their support throughout this year and in years past, without it CAMAD would not be able to provide services vital to our community and to provide employment to local people where there is very little. It is becoming harder to attract funding for general running costs, but we have been successful for the last 27 years, and we hope to continue into the future by giving value for money and continuing to provide much needed help to the more vulnerable members of our community.

Our staff have worked to their usual high standards and, as Trustees, we recognise their dedication and hard graft. It is not easy to keep so many balls in the air and know what to do with a Community Car request at the same time as ordering meals for Lunch Clubbers at the same time as cutting toe nails in Foot Care etc etc. To Linda we say a big thank you for all that you do and for your dedication and commitment to the work of CAMAD. Thanks also for all her work to Amanda Grundy, our former Admin Assistant, who left us to take up another post earlier this year.

We would also like to thank Prof Russell Davies for inspecting CAMAD's Annual Accounts.

Finally a big thank you to our Volunteers. It is amazing how willingly they give their time to help others. Our Community Car drivers take people to hospital appointments all over the country and our Meals on Wheels Volunteers drive around getting hot meals to people while they are still hot. And we should not forget the skills of those who trim nails, not by any means as easy as it might sound.

### **Michael Williams and Monica Atkins**

We were all deeply shocked and saddened by the untimely deaths of Councillors Michael Williams and Monica Atkins. Both had been long time supporters and Trustees of CAMAD, indeed Michael had been with us since day one. They will both be missed, not just by CAMAD, but throughout Bro Ddyfi.

*“The reason Volunteers are not paid  
is not because they are worthless,  
it’s because they are priceless”*

CAMAD

*‘Volunteering Community Support’*





**Independent examiner's report to the trustees on the unaudited financial statements of Community Action Machynlleth & District.**

I report on the accounts of the charity for the year ended 30 June 2025 as follows:

**Respective responsibilities of trustees and independent examiner**

As the charity's trustees you are responsible for the preparation of the accounts, you consider that the audit requirement of section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 does not apply and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3) (a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

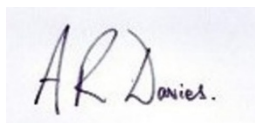
**Basis of independent examiner's statement**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (i) which gives me reasonable cause to believe that in any material respect the requirements
  - to keep proper accounting records in accordance with section 41 of the Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....

A R Davies, *BSc Lond, MSc, DPhil, Oxon*

*Emeritus Professor, School of Mathematics, Cardiff University, CF24 4AG.*

Date: 20th October 2025.

**Independent examiner's report to the trustees on the unaudited financial statements of Community Action Machynlleth & District.**

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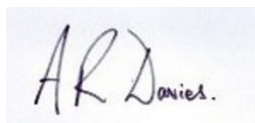
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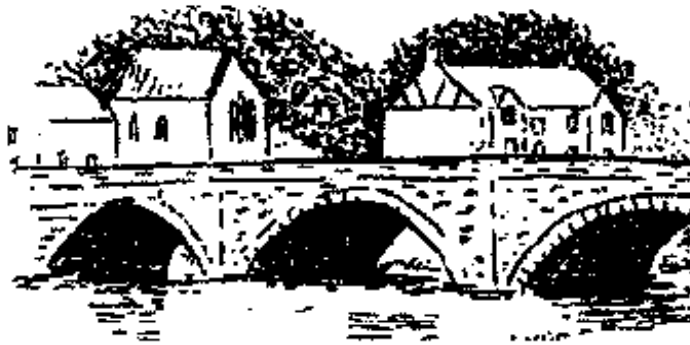
**COMMUNITY ACTION MACHYNLLETH AND DISTRICT**

England & Wales - Charity number 1071497

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# Accounts

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## **Annual Report of the Trustees and Financial Statements**

For the year ended  
1<sup>st</sup> July 2022 to 30th June 2023

The Care Centre, Forge Road, Machynlleth, SY20  
8EQ

Telephone (01654) 700071  
e mail office@camad.org.uk  
Website www.camad.org.uk

Registered Charity Number 1071497

CAMAD is a Member of the Wales Council for Voluntary Action,

# Funded and supported by



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



Wales Council for  
Voluntary Action

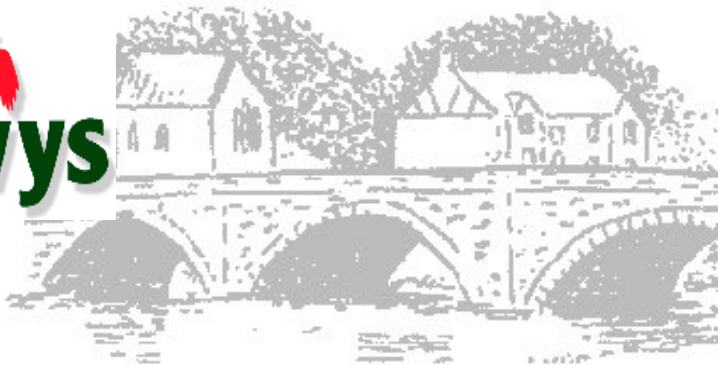
**Co-op Community Fund**

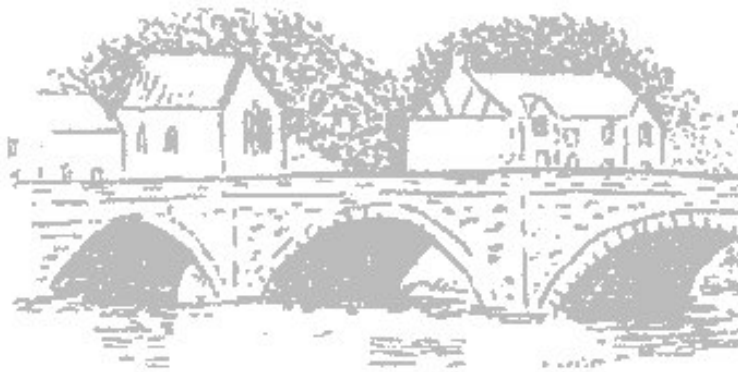


Local Health Board  
Powys



**Tudor Trust**





# The Trustees present their Annual Report with Financial Statements for the year beginning 1 July 2022 and ending 30th June 2023.

**Charity's Principal Address**      The Care Centre  
Forge Road  
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**Trustees**

Chair	Gordon Hughes
Secretary	Duncan Toms
Treasurer	Brenda Hughes
Other Trustees	Cllr Michael Williams Cllr Monika Atkins Sabrina Cantor

**Bankers**

HSBC Bank plc  
Abertystwyth  
19 Stryd Fawr  
Aberystwyth  
Ceredigion  
SY23 1DH

**Constitution.** Community Action Machynlleth & District.  
CAMAD was registered with the Charity Commissioners and its Constitution was adopted on 2nd July 1998.



Registered Charity Number 1071497

# The Charities Management Structure

Trustees:

A board of 6 trustees who meet 5 times per year.

## Staff

Linda Hayward: Manager p/t

Amanda Grundy Administrator p/t

Providing a 4 days per week open door service 9.30 to 3pm.  
Answer phone, email, facebook and website out side of these hours.



## **Statement of Public Benefit**

The Charities Act 2006 requires the Trustee's to identify the public benefit of the work of the Charity and to define who benefits.

CAMAD is a Volunteer - Community Support organisation. As a Volunteer Centre, it acts as an intermediary between those who want to do voluntary work and those who need Volunteers. The former are usually individuals and the latter are normally organisations. Volunteering has been defined long ago as a vital right for everyone, that is, the right to give up time for the benefit of others without being paid for it and without being taxed for the notional value of the work. CAMAD deals almost exclusively with other voluntary organisations which are not-for-profit and usually registered Charities. It often works with statutory bodies by providing Volunteers to support, for example, patients in hospital by getting reading matter, drinks and other 'creature comforts' to make their stay more pleasant. It also delivers Meal on Wheels in the Machynlleth area.

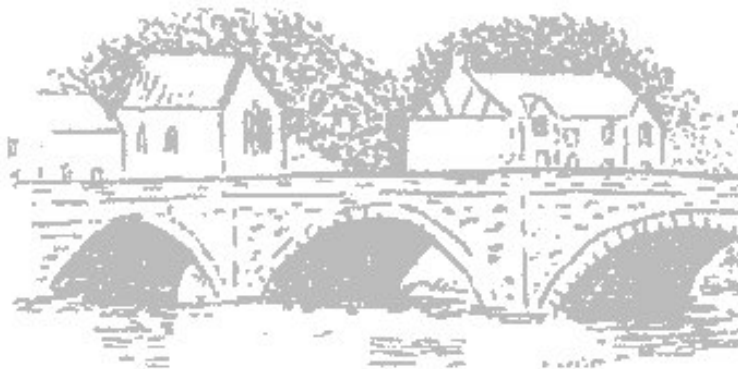
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Many of CAMAD's Volunteers are older, retired people but by no means all and often they will fit volunteering into their daily lives, be it driving a train or bringing up a family. Volunteering is particularly helpful to people who have not been working for some time whether through illness, redundancy, caring duties or some other reason. CAMAD has many examples of people for whom volunteering with an organisation has led to paid work or just the experience has been enough to rebuild the confidence they have needed to get them started again.

In 2018 our Staff, volunteers and Trustees were proud to be awarded the Powys Centre, “Volunteer of the Year Award 2018” for Health and Wellbeing, and we continue to strive towards this excellence with all of our services.

Without CAMAD, there would be a very large number of people in the Dyfi Valley living socially excluded lives with little or no access to vital services and little hope of escaping into the world around them.

30<sup>th</sup> June 2023



## Mission Statement

CAMAD is a member of WCVA & PAVO is committed to:

- Recruiting, training, placing and supporting volunteers and increasing the awareness of volunteering and its benefits in the communities of Powys
- Promoting, supporting and developing local voluntary sector initiatives and services to respond to local needs
- Providing an information service to local communities about community activities, opportunities and service.

CAMAD aims to operate within the framework of good practice provided by Powys Association of Voluntary Organisations and Wales Council for Voluntary Action, providing flexible yet consistent, reliable services.



## Activities and Objectives

**CAMAD** is the Voluntary Community Support Centre for Machynlleth and the Dyfi Valley. We have been running since 2<sup>nd</sup> July 1998. Our catchment area covers the three counties of Powys, Ceredigion and Gwynedd. It is a rural area with a widely dispersed community in many outlying villages. Public transport is limited.

**Volunteering** – We recruit volunteers to help provide the services we offer to vulnerable members of our community and those with health and mobility issues. These can range from Befriending to Meals on Wheels deliverers. Our ethos is to support our volunteers rather than simply placing them (unless that's all they require). We want to ensure they get the most from their volunteering and become an included part of the CAMAD family. We also help to find volunteer placements outside of CAMAD using our knowledge of the Community and years of experience as a Volunteer Bureau.

**Elderly Care** – we have an excellent reputation for our work with the elderly, providing volunteer drivers and deliverers for Meals on Wheels twice weekly on Tuesdays and Fridays [a service we now manage after it fell victim to financial crisis Council cuts], a monthly Lunch Club, and a fortnightly Foot Care service using volunteers who are trained by NHS podiatrists (both practical and anatomy/physiology) and have recently started a monthly coffee morning.

**Unemployment** – We aid unemployed volunteers to find placements which both improve their employability but also afford an opportunity to try out new things and uncover skills they never knew they had. Most people we have helped have had depressive conditions and we extend our supported volunteering to them. We continue to work on ways to incentivise and assist these clients further through placements which offer certificated qualifications care and support.

**Community Transport** – we operate a community car service where volunteers drive clients to hospital appointments, dental appointments and family visits. We cover distances from Machynlleth to Aberystwyth, Carno to Carmarthen, Llanidloes to Birmingham and were often called upon by the Welsh Ambulance Service when there is insufficient Non-Emergency Patient Transport to cover the demand until COVID struck in 2020.

Southbound rail links terminate in Aberystwyth and heading North only go Eastwards. If one wishes to travel to North Wales or South Wales by rail it involves a trip to Shrewsbury and Chester for North Wales, and Shrewsbury, Ludlow and Hereford for the South which is where most cancer patients have

to travel too, so our service is vital to some who have no other way of traveling.

Additionally, we run a Taxi Card scheme – for a £9 annual fee, members are entitled to 50% off their taxi journeys up to a value of £50 to £100 (depending on funds). We currently have 56 members.

We organise a once a month Lunch Club for the elderly which currently has 18 members

A social Foot care service for older people, volunteers are trained to do basic nail cutting keeping feet healthy eliminates falls in the home and to keep independence and social networks and currently has 32 members.

CAMAD took over the Machynlleth Meals on Wheels from PCC which was due to be scrapped due to the funding cuts, as we have organised it on their behalf for 9 years, we felt it was a service that should not be lost to the town so took it on as one of our core services.

We also offer a Prescription collection and medicine delivery service we started this during the Covid pandemic

**Mental Health & Wellbeing** – CAMAD Pathways Project ceased in April 2023 due to staff leaving and coming to the end of the funding. We now run A small meeting on Tuesday's between 1pm and 3pm, we have a small comfortable lounge area and communal kitchen. There's is always tea and biscuits and, in the kitchen, informal therapeutic activities including art and general discussion.

Our principle is to offer a space where people can enjoy each other's company, confidentially, knowing that everyone who uses the service has shared similar troubles. We are supported by local GPs and the Community Psychiatric Team visit regularly. We don't sit around talking about mental health - in fact it's a very good-humoured set-up. The point is there is the freedom to talk openly about what matters to you in social surroundings. Sometimes these things can't be talked about comfortably at home, and it's so easy to become isolated in the midst of depression.

We also run a Women's support group that meets every Wednesday between 10pm and 12 with 20+ members it is a peer support group, many great friendships have been made with in the group with splinters joining other clubs together. It is a social group with refreshments, speakers and outings. It has been running now for the last 5 years.

There are no other organisations in our community that offer the support we do or even close to it – the nearest mental health support is in Aberystwyth 19 miles away, or Newtown 28 miles away. We have been endorsed by our local surgery with whom we have a good relationship in this field through running a Volunteering-On-Prescription programme (which is where we gained our credibility as effective providers of support in the area of mental health).

**Our objective** is to continue finding funders who appreciate the need for core cost assistance, which is growing harder and harder. Yet these costs are fundamental to our day-to-day running. Without these functional monies, projects (which are a more popular funding choice) have neither home nor worker. Our endeavour is to do as much as we can for the broadest cross-section of the community despite National, Town and County, and Government and Welsh Assembly funding diminishing.

The Trustees and staff of Community Action Machynlleth & District  
“CAMAD”

Would like to give our thanks to all our funders for their support though out this year and in years past, with out it CAMAD would not be able to provide, services vital to our community and to provide employment to local people were there is very little.

It is becoming harder to attract funding general running costs, but we have been successful for the last 24 years, we hope to continue into the future by giving value for money and to continue to provide much needed help to the more vulnerable members of our community.

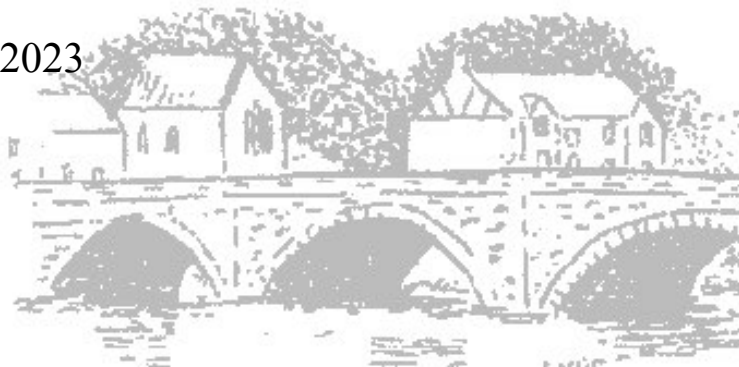
We also thank Ross Griffiths our auditor.

Our heartfelt thanks are given to our volunteers, with out their help and dedication CAMAD could not carry out our services.

Linda Hayward

Manager

30<sup>th</sup> June 2023



*“The reason Volunteers are not paid  
Is not because they are worthless,  
It’s because they are priceless”*

# CAMAD

*Volunteering Community Support*



**Community Action Machynlleth and District  
Charity No 1071497  
INDEPENDENT EXAMINER'S REPORT**

We report on the accounts of the charity for the year ended 30<sup>th</sup> June 2023 set out on the following pages.

**Respective responsibilities of trustees and independent examiner**

As the charity's trustees you are responsible for the preparation of the accounts, you consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

**Basis of independent examiner's statement**

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

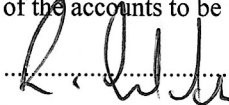
In connection with our examination, no matter has come to our attention:

(i) which gives us reasonable cause to believe that in any material respect the requirements:

- to keep proper accounting records in accordance with section 130 of the Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act

have not been met; or

(ii) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

  
.....

**R.G.K.Griffith,FCA.**

**Independent examiner**

**Vogue Management Services Limited**

**Unit 20 Strawberry Lane Industrial Estate**

**Willenhall**

**West Midlands**

**WV13 3RS**

**Date:2<sup>nd</sup> October 2023.**

**Community Action Machynlleth and District  
Charity No 1071497**

<b>Statement of Assets at 30th June 2023.</b>	<b>2023</b>	<b>2022</b>
<u>HSBC Current account</u>		
Bf 1st July 2020	60,940.76	58,291.61
Surplus/(deficit) for the year	3,722.77	2,649.15
 <b>CF 30th June 2023</b>	 <b>64,663.53</b>	 <b>60,940.76</b>
<u>Represented by</u>		
Current account 91066706	64,838.27	61,037.83
Miscellaneous account 71388096	0.00	0.00
Transport account 71388088	0.00	0.00
	<u>64,838.27</u>	<u>61,037.83</u>
Pension contributions unpaid	(174.74)	(97.07)
	<u><u>64,663.53</u></u>	<u><u>60,940.76</u></u>

**Community Action Machynlleth and District  
Charity No 1071497**

	Year ended 30th June 2023			2022
	Restricted funds	Unrestricted funds	Total	TOTAL FUNDS
<b>RECEIPTS</b>				
Tudor Trust Pathways	29,000.00		29,000.00	29,000.00
Footcare subs and donations.		651.10	651.10	760.80
Moondance		0.00	0.00	0.00
Powys County Council	2,881.80		2,881.80	5,439.60
Powys Volunteer Centre via PAVO	1,995.75		1,995.75	8,256.60
Community Transport: fees, donations and membership	3,004.80		3,004.80	5,210.56
PCC Grants for Community Transport	3,016.16		3,016.16	2,972.16
Covid 19		0.00	0.00	0.00
Clubs & room hire		806.34	806.34	635.30
Powys Local Health Board	1,360.00		1,360.00	1,360.00
PLHB:NEPT	0.00		0.00	0.00
Moondance		10,000.00	10,000.00	0.00
Meals on Wheels contributions	8,886.90		8,886.90	4,259.97
Covid transport grants	238.05		238.05	2,990.40
Donations		6,748.50	6,748.50	3,390.39
Haywood Foundation		0.00	0.00	3,000.00
	<u>50,383.46</u>	<u>18,205.94</u>	<u>68,589.40</u>	<u>67,275.78</u>
<b>PAYMENTS</b>				
Salaries	30,290.65	7,572.66	37,863.31	40,374.78
Covid 19	0.00		0.00	0.00
Tudor Trust Pathways (expenses)	1,351.23		1,351.23	1,064.78
Rent	2,756.59	2,755.00	5,511.59	4,290.00
Community Transport Expenses	4,166.86		4,166.86	5,300.18
Bank charges	219.86		219.86	137.99
Meals on Wheels Expenses	8,356.30		8,356.30	9,164.44
Footcare Expenses		520.00	520.00	74.85
General running costs	0.00	5,085.82	5,085.82	2,503.09
Insurance	899.31		899.31	940.32
Equipment		191.40	191.40	46.20
Training staff and volunteers	0.00		0.00	0.00
Travel staff and volunteers	274.95	0.00	274.95	0.00
Professional fees	180.00	246.00	426.00	730.00
	<u>48,495.75</u>	<u>16,370.88</u>	<u>64,866.63</u>	<u>64,626.63</u>
<b>SURPLUS/DEFICIT FOR THE YEAR</b>	1,887.71	1,835.06	3,722.77	2,649.15
<b>BF 1st July 2022</b>	44,287.70	883.84	45,171.54	42,522.39
<b>CF 30th June 2023</b>	46,175.41	2,718.90	48,894.31	45,171.54

**Community Action Machynlleth and District  
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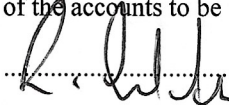
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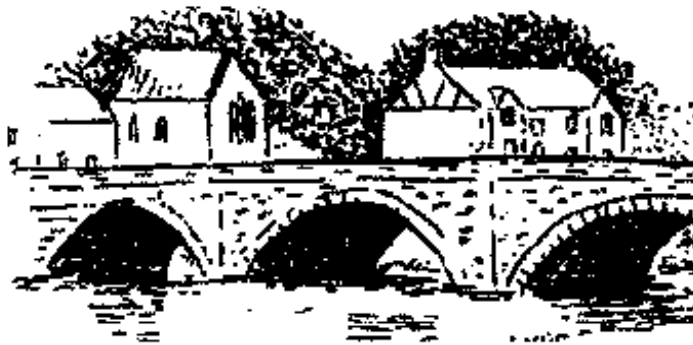
**COMMUNITY ACTION MACHYNLLETH AND DISTRICT**

England & Wales - Charity number 1071497

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# Accounts

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## **Annual Report of the Trustees and Financial Statements**

For the year  
1<sup>st</sup> July 2021 to 30th June 2022

The Care Centre, Forge Road, Machynlleth, SY20  
8EQ

Telephone (01654) 700071  
e mail office@camad.org.uk  
Website www.camad.org.uk

Registered Charity Number 1071497

CAMAD is a Member of the Wales Council for Voluntary Action,  
Powys Association of Voluntary Organisations and Powys Community Support Network

# Funded and supported by



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



Wales Council for  
Voluntary Action

**Co-op Community Fund**



Local Health Board  
Powys



**Tudor Trust**

  
**Powys**



# The Trustees present their Annual Report with Financial Statements for the year beginning 1 July 2021 and ending 30th June 2022.

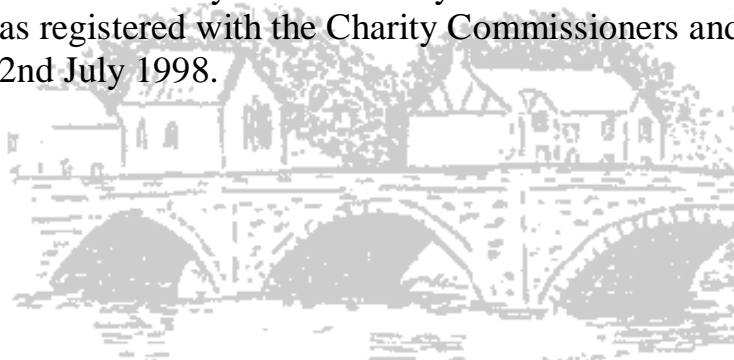
**Charity's Principal Address**      The Care Centre  
Forge Road  
Machynlleth  
Powys  
SY20 8EQ  
Telephone (01654) 700071  
Email [office@camad.org.uk](mailto:office@camad.org.uk)  
Website [www.camad.org.uk](http://www.camad.org.uk)

**Trustees**

Chair	Gordon Hughes
Secretary	Gordon Hughes
Treasurer	Brenda Hughes
Other Trustees	Cllr Michael Williams Sarah Hughes Cllr Monika Atkins Sabrina Cantor Duncan Toms

**Bankers**                              HSBC Bank plc  
Abertystwyth  
19 Stryd Fawr  
Aberystwyth  
Ceredigion  
SY23 1DH

**Constitution.** Community Action Machynlleth & District.  
CAMAD was registered with the Charity Commissioners and its Constitution was adopted on 2nd July 1998.



**Registered Charity Number** 1071497

## The Charities Management Structure

Trustees:

Aboard of 8 trustees who meet 5 times per year.

### Staff

Linda Hayward: Manager p/t

Sarah Jones Project Co-ordinator p/t

Holly Faircloth: Administrator p/t

Providing a 5 day per week open door service 9.30 to 3pm.  
Answer phone, email, facebook and website out side of these hours.





Registered Charity Number 1071497

## **Statement of Public Benefit**

The Charities Act 2006 requires the Trustee's to identify the public benefit of the work of the Charity and to define who benefits.

CAMAD is a Volunteer Centre and a Community Support organisation. As a Volunteer Centre, it acts as an intermediary between those who want to do voluntary work and those who need Volunteers. The former are usually individuals and the latter are normally organisations. Volunteering has been defined long ago as a vital right for everyone, that is, the right to give up time for the benefit of others without being paid for it and without being taxed for the notional value of the work. CAMAD deals almost exclusively with other voluntary organisations which are not-for-profit and usually registered Charities. It often works with statutory bodies by providing Volunteers to support, for example, patients in hospital by getting reading matter, drinks and other 'creature comforts' to make their stay more pleasant. It also delivers Meal on Wheels in the Machynlleth area.

As a Community Support organisation, CAMAD uses Volunteers to help people who are less able because they are unwell, have a disability or maybe are just finding that being older makes things a bit more difficult. The help may be keeping a small lawn cut or getting some shopping, in fact, anything which can't easily be done but which is a relatively simple task. CAMAD does not carry out work which should be done by a professional or which might threaten the livelihood of local traders. For example, many people with a disability would find it very difficult to change a light bulb but to call in an electrician is hardly necessary. Much of CAMAD's work in this field is concerned with community transport. With a very limited public transport system, most people find getting to the doctor, dentist or out-patient clinic almost impossible and getting a taxi to go, say, from the Machynlleth area to Bronglais Hospital may cost £40 or £50. This may be affordable to some but if treatment is needed over a period of time it becomes hugely expensive. CAMAD provides a Community Car Service with Volunteer drivers using their own cars to help meet this need. It also runs a Taxi-Card scheme which gives members access to half price taxi fares up to an annual limit which depends on the Charity's finances. It also runs clubs for older people who live in isolation and who would otherwise not be able to socialise.

Many of CAMAD's Volunteers are older, retired people but by no means all and often they will fit volunteering into their daily lives, be it driving a train or bringing up a family. Volunteering is particularly helpful to people who have not been working for some time whether through illness, redundancy, caring duties or some other reason. CAMAD has many examples of people for whom volunteering with an organisation has led to paid work or just the experience has been enough to rebuild the confidence they have needed to get them started again.

In 2018 our Staff, volunteers and Trustees were proud to be awarded the Powys Centre, “Volunteer of the Year Award 2018” for Health and Wellbeing, and we continue to strive towards this excellence with all of our services.

Without CAMAD, there would be a very large number of people in the Dyfi Valley living socially excluded lives with little or no access to vital services and little hope of escaping into the world around them.

30<sup>th</sup> June 2022



## Mission Statement

CAMAD is a member of WCVA & PAVO is committed to:

- Recruiting, training, placing and supporting volunteers and increasing the awareness of volunteering and its benefits in the communities of Powys
- Promoting, supporting and developing local voluntary sector initiatives and services to respond to local needs
- Providing an information service to local communities about community activities, opportunities and service.

CAMAD aims to operate within the framework of good practice provided by Powys Association of Voluntary Organisations and Wales Council for Voluntary Action, providing flexible yet consistent, reliable services.



## Activities and Objectives

**CAMAD** is the Community Support and Volunteer Centre for Machynlleth and the Dyfi Valley. We have been running since July 1998. Our catchment area covers the three counties of Powys, Ceredigion and Gwynedd. It is a rural area with a widely dispersed community in many outlying villages. Public transport is limited.

**Volunteering** – we work with local and national voluntary organizations finding suitable placements for volunteers both near and far. These can range from Befriending to Archiving at the National Library, Community Gardening to Youth Offending Panels, Hospital Radio to Meals on Wheels deliverers. Our ethos is to support our volunteers rather than simply placing them (unless that's all they require). We want to ensure they get the most from their volunteering and become an included part of the CAMAD family.

**Elderly Care** – we have an excellent reputation for our work with the elderly, providing volunteer drivers and deliverers for Meals on Wheels twice weekly on Tuesdays and Fridays [a service we now manage after it fell victim to financial crisis Council cuts], a monthly Tea Club, and a fortnightly Foot Care service using volunteers who are trained by NHS podiatrists (both practical and anatomy/physiology).

**Unemployment** – working closely with the Job Centre we aid unemployed volunteers to find placements which both improve their employability but also afford an opportunity to try out new things and uncover skills they never knew they had. Over the last year six of our volunteers have moved into full-time employment. Amongst this group there are often undiagnosed depressive conditions and we extend our supported volunteering to them. We continue to work on ways to incentivise and assist these clients further through placements which offer certificated qualifications.

**Community Transport** – we operate a community car service where volunteers drive clients to hospital appointments, dental appointments and family visits. We cover distances from Machynlleth to Aberystwyth, Carno to Carmarthen, Llanidloes to Birmingham and were often called upon by the Welsh Ambulance Service when there is insufficient Non-Emergency Patient Transport to cover the demand until COVID struck in 2020.

Southbound rail links terminate in Aberystwyth and heading North only go Eastwards. If one wishes to travel to North Wales or South Wales by rail it involves a trip to Shrewsbury and Chester for North Wales, and Shrewsbury, Ludlow and Hereford for the South which is where most cancer patients have to travel to, so our service is vital to some who have no other way of traveling.

Additionally, we run a Taxi Card scheme – for a £9 annual fee, members are entitled to 50% off their taxi journeys up to a value of £50 to £100 (depending on funds). We currently have 56 members.

We organise a once a month Tea Club for the elderly which currently has 18 members

A social Foot care service for older people, volunteers are trained to do basic nail cutting keeping feet healthy eliminates falls in the home and to keep independence and social networks and currently has 32 members.

CAMAD took over the Machynlleth Meals on Wheels from PCC which was due to be scrapped due to the funding cuts, as we have organised it on their behalf for 9 years, we felt it was a service that should not be lost to the town so took it on as one of our core services.

We also offer a Community support volunteer help in the home with light gardening, shopping etc.

**Mental Health** – CAMAD Pathways Project is a drop-in service for anyone living with mental health issues - from generalized depressive conditions to anxiety, obsessive compulsive disorders to addictions. Running on Tuesdays and Thursdays between 1 and 3, we have a small comfortable lounge area and communal kitchen. Soft music plays, there's always tea and biscuits and in the kitchen informal therapeutic activities including art and music and general discussion.

Our principle is to offer a space where people can enjoy each other's company, confidentially, knowing that everyone who uses the service has shared similar troubles. We are supported by local GPs and the Community Psychiatric Team visit regularly. We don't sit around talking about mental health - in fact it's a very good-humoured set-up. The point is there is the freedom to talk openly about what matters to you in social surroundings. Sometimes these things can't be talked about comfortably at home, and it's so easy to become isolated in the midst of depression.

Those living with mental health issues will through Pathways achieve a greater level of socialisation and inclusion, access to diagnosis and a conduit to specialized care if needed. Service users with increased confidence can use CAMAD as a route to supported volunteering, raising their employability or leading directly to employment. Service users at different stages of their use of the drop-in will feel empowered to use their experience to help future service users. Our ultimate aim is that Pathways will become a self-supporting inclusive (not exclusive) unit and a dependable venue for improving mental health in our community for many years to come.

There are no other organisations in our community that offer the support we do or even close to it – the nearest are in Aberystwyth 19 miles away, or Newtown 28 miles away. Our research has been carried out in a subtle way through the social media and more directly through one-on-one conversations with CAMAD volunteers who fall within the scope of Pathways. We have been endorsed by both surgeries in our town with whom we have a good relationship in this field through running a Volunteering-On-Prescription programme (which is where we gained our credibility as effective providers of support in the area of mental health).

**Our objective** is to continue finding funders who appreciate the need for core cost assistance, which is growing harder and harder. Yet these costs are fundamental to our day-to-day running. Without these functional monies, projects (which are a more popular funding choice) have neither home nor worker. Our endeavour is to do as much as we can for the broadest cross-section of the community despite National, Town and County, and UK & Welsh Government funding diminishing.

The Trustees and staff of Community Action Machynlleth & District  
“CAMAD”

Would like to give our thanks to all our funders for their support though out this year and in years past, without it CAMAD would not be able to provide, services vital to our community and to provide employment to local people where there is very little.

It is becoming harder to attract funding general running costs, but we have been successful for the last 24 years, we hope to continue into the future by giving value for money and to continue to provide much needed help to the more vulnerable members of our community.

We also thank Ross Griffiths our auditor.

Our heartfelt thanks are given to our volunteers, without their help and dedication CAMAD could not carry out our services.

Linda Hayward  
Manager  
30<sup>th</sup> June 2022

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Is not because they are worthless,  
It’s because they are priceless”*

CAMAD

*‘Volunteering Community Support’*



**Community Action Machynlleth and District**

**Charity No 1071497**

**INDEPENDENT EXAMINER'S REPORT**

We report on the accounts of the charity for the year ended 30<sup>th</sup> June 2022 set out on the following pages.

**Respective responsibilities of trustees and independent examiner**

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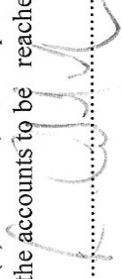
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**Independent examiner's statement**

In connection with our examination, no matter has come to our attention:

- (i) which gives us reasonable cause to believe that in any material respect the requirements:
  - to keep proper accounting records in accordance with section 130 of the Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- (ii) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

  
.....

**R.G.K.Griffith,FCA.**

**Independent examiner**

**Vogue Management Services Limited**

**Unit 20 Strawberry Lane Industrial Estate**

**Willenhall**

**West Midlands**

**WV13 3RS**

**Date:25<sup>th</sup> October 2022.**

Community Action Machynlleth and District (CAMAD)

Reg Charity 1071497

Statement of Assets at 30th June 2022.

	2022	2021
<u>HSBC Current account</u>		
Bf 1st July 2020	58,291.61	54,207.61
Surplus/(deficit) for the year	2,649.15	4,084.00
<b>CF 30th June 2021</b>	<b>60,940.76</b>	<b>58,291.61</b>
<u>Represented by</u>		
Current account 91066706	61,037.83	31,216.26
Miscellaneous account 71388096	0.00	23,801.91
Transport account 71388088	0.00	3,273.44
	<u>61,037.83</u>	<u>58,291.61</u>
Pension contributions unpaid	(97.07)	0.00
	<u><u>60,940.76</u></u>	<u><u>58,291.61</u></u>

Community Action Machynlleth and District (CAMAD)  
Reg Charity 1071497

Year ended 30th June 2022

RECEIPTS	2021		
	Restricted funds	Unrestricted funds	Total
Tudor Trust Pathways	29,000.00		29,000.00
Footcare subs and donations.		760.80	760.80
Moondance		0.00	0.00
Powys County Council	5,439.60		5,439.60
Powys Volunteer Centre via PAVO	8,256.60		8,256.60
Community Transport:fees,donations and membership	5,210.56		5,210.56
PCC Grants for Community Transport	2,972.16		2,972.16
Covid 19		0.00	0.00
Clubs & room hire		635.30	635.30
Powys Local Health Board	1,360.00		1,360.00
PLHB:NEPT	0.00		0.00
Sobell Foundation		0.00	0.00
Meals on Wheels contributions	4,259.97		4,259.97
Covid transport grants	2,990.40		2,990.40
Donations		3,390.39	3,390.39
Haywood Foundation		3,000.00	3,000.00
	<u>59,489.29</u>	<u>7,786.49</u>	<u>67,275.78</u>
<b>PAYMENTS</b>			
Salaries	32,299.82	8,074.96	40,374.78
Covid 19	0.00		0.00
Tudor Trust Pathways (expenses)	1,064.78		1,064.78
Rent	2,145.00	2,145.00	4,290.00
Community Transport Expenses	5,300.18		5,300.18
Bank charges	137.99		137.99
Meals on Wheels Expenses	9,164.44		9,164.44
Footcare Expenses		74.85	74.85
General running costs	0.00	2,503.09	2,503.09
Insurance	940.32		940.32
Equipment		46.20	46.20
Training staff and volunteers	0.00		0.00
Travel staff and volunteers	0.00		0.00
Professional fees	180.00	0.00	180.00
	<u>51,232.53</u>	<u>13,394.10</u>	<u>64,626.63</u>
<b>SURPLUS/DEFICIT FOR THE YEAR</b>	8,256.76	(5,607.61)	2,649.15
<b>BF 1st July 2021</b>	<b>36,030.94</b>	<b>6,491.45</b>	<b>42,522.39</b>
<b>CF 30th June 2022</b>	<b>44,287.70</b>	<b>883.84</b>	<b>45,171.54</b>
			<b>61,329.60</b>
			<b>65,413.60</b>
			<b>39,632.71</b>
			<b>2,533.03</b>
			<b>625.68</b>
			<b>4,210.00</b>
			<b>3,446.30</b>
			<b>0.00</b>
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			<b>3,983.66</b>
			<b>898.83</b>
			<b>714.26</b>
			<b>0.00</b>
			<b>0.00</b>
			<b>0.00</b>
			<b>180.00</b>
			<b>4,084.00</b>
			<b>38,438.39</b>
			<b>42,522.39</b>
			<b>42,522.39</b>

**Community Action Machynlleth and District**

**Charity No 1071497**

**INDEPENDENT EXAMINER'S REPORT**

We report on the accounts of the charity for the year ended 30<sup>th</sup> June 2022 set out on the following pages.

**Respective responsibilities of trustees and independent examiner**

As the charity's trustees you are responsible for the preparation of the accounts, you consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

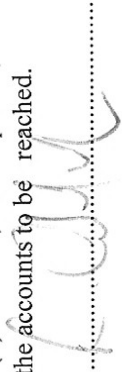
**Basis of independent examiner's statement**

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

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- (i) which gives us reasonable cause to believe that in any material respect the requirements:
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**R.G.K.Griffith,FCA.**

**Independent examiner**

**Vogue Management Services Limited**

**Unit 20 Strawberry Lane Industrial Estate**

**Willenhall**

**West Midlands**

**WV13 3RS**

**Date:25<sup>th</sup> October 2022.**

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Reg Charity 1071497

Year ended 30th June 2022

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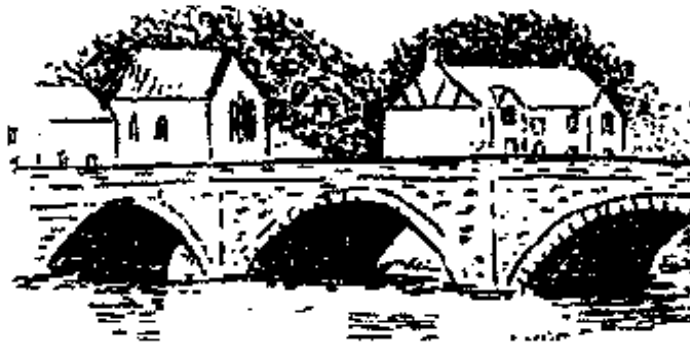
**COMMUNITY ACTION MACHYNLLETH AND DISTRICT**

England & Wales - Charity number 1071497

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# Accounts

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## **Annual Report of the Trustees and Financial Statements**

For the year ended  
30th June 2021

The Care Centre, Forge Road, Machynlleth, SY20  
8EQ

Telephone (01654) 700071  
e mail office@camad.org.uk  
Website www.camad.org.uk

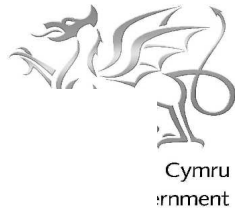
**Registered Charity Number 1071497**

**CAMAD is a Member of the Wales Council for Voluntary Action,**

## Funded and supported by



Wales Council for  
Voluntary Action



the  
Tudortrust

Local Health Board  
Powys



  
**Powys**

**We would also like to thank all of the Local people and organisations which have supported CAMAD with donations and support, it is much appreciated.**

**The Trustees present their Annual Report with Financial Statements for the year beginning 1 July 2020 and ending 30th June 2021.**

**Charity's Principal Address**      The Care Centre  
Forge Road  
Machynlleth  
Powys  
SY20 8EQ  
Telephone (01654) 700071  
Email [office@camad.org.uk](mailto:office@camad.org.uk)  
Website [www.camad.org.uk](http://www.camad.org.uk)

**Trustees**

Chair	Gordon Hughes
Secretary	Vacant
Treasurer	Brenda Hughes
Other Trustees	Cllr Michael Williams
	Sarah Hughes
	Cllr Monika Atkins
	Sabrina Cantor
	Duncan Toms
	Cllr Monika Atkins
	Sabrina Cantor

**Bankers**

HSBC Bank plc  
Abertystwyth  
19 Stryd Fawr  
Aberystwyth  
Ceredigion  
SY23 1DH

**Constitution.** Community Action Machynlleth & District, CAMAD, was registered with the Charity Commissioners and its Constitution was adopted on 28 July 1998.

## The Charit

### Trustees:

A board of 7 trustees who meet 5 times per year

### Staff

Linda Hayward: Manager

Sarah Jones: Project Co-ordinator

Holly Faircloth: Administrator

Providing a 4 day per week open door service 9.30 to 3pm.  
Answer phone, email, facebook and website out of these hours.

CAMAD has 26 regular volunteers who help CAMAD provide our services, as well as many others who help on an ad hoc basis.



## Statement of Public Benefit

The Charities Act 2006 requires the Trustee's to identify the public benefit of the work of the Charity and to define who benefits.

CAMAD is a Volunteer Centre and a Community Support organisation. As a Volunteer Centre, it acts as an intermediary between those who want to do voluntary work and those who need Volunteers. The former are usually individuals and the latter are normally organisations. Volunteering has been defined long ago as a vital right for everyone, that is, the right to give up time for the benefit of others without being paid for it and without being taxed for the notional value of the work. CAMAD deals almost exclusively with other voluntary organisations which are not-for-profit and usually registered Charities. It often works with statutory bodies by providing Volunteers to support, for example, patients in hospital by getting reading matter, drinks and other 'creature comforts' to make their stay more pleasant. It also delivers Meal on Wheels in the Machynlleth area for those who are unwell.

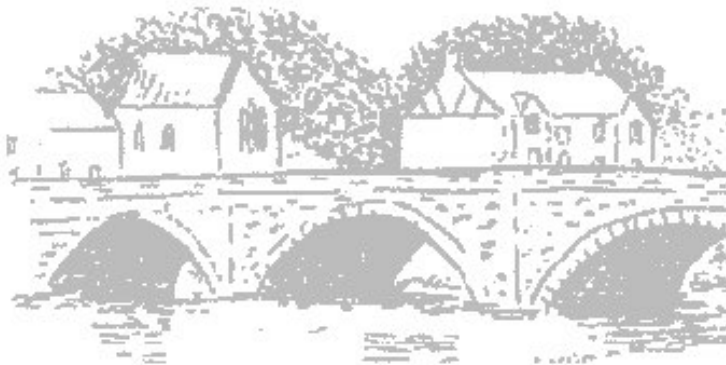
As a Community Support organisation, CAMAD uses Volunteers to help people who are less able because they are unwell, have a disability or maybe are just finding that being older makes things a bit more difficult. The help may be keeping a small lawn cut or getting some shopping, in fact, anything which can't easily be done but which is a relatively simple task. CAMAD does not carry out work which should be done by a professional or which might threaten the livelihood of local traders. For example, many people with a disability would find it very difficult to change a light bulb but to call in an electrician is hardly necessary. Much of CAMAD's work in this field is concerned with community transport. With a very limited public transport system, most people find getting to the doctor, dentist or out-patient clinic almost impossible and getting a taxi to go, say, from the Machynlleth area to Bronglais Hospital may cost £40 or £50. This may be affordable to some but if treatment is needed over a period of time it becomes hugely expensive. CAMAD provides a Community Car Service with Volunteer drivers using their own cars to help meet this need. It also runs a Taxi-Card scheme which gives members access to half price taxi fares up to an annual limit which depends on the Charity's finances. It also runs clubs for older people who live in isolation and who would otherwise not be able to socialise.

Many of CAMAD's Volunteers are older, retired people but by no means all and often they will fit volunteering into their daily lives, be it driving a train or

bringing up a family. Volunteering is particularly helpful to people who have not been working for some time whether through illness, redundancy, caring duties or some other reason. CAMAD has many examples of people for whom volunteering with an organisation has led to paid work or just the experience has been enough to rebuild the confidence they have needed to get them started again.

Without CAMAD and our volunteers there would be a very large number of people in the Dyfi Valley living socially excluded lives with little or no access to vital services and little hope of escaping into the world around them.

30<sup>th</sup> June 2021

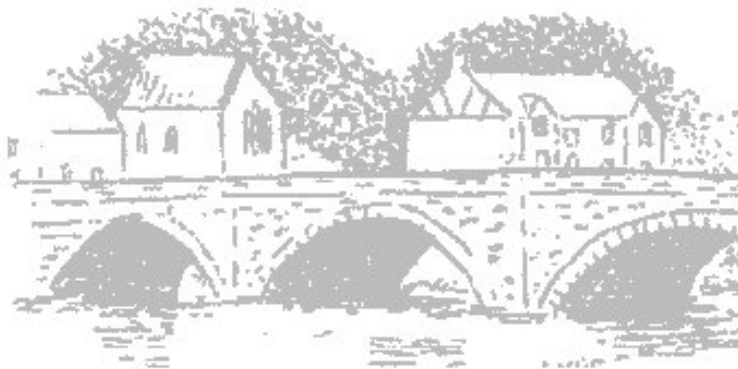


## Mission Statement

CAMAD is a member of WCVA, PAVO & the Powys Network of Volunteer Bureaux and Community Support Schemes and is committed to:

- Recruiting, training, placing and supporting volunteers and increasing the awareness of volunteering and its benefits in the communities of Powys
- Promoting, supporting and developing local voluntary sector initiatives and services to respond to local needs
- Providing an information service to local communities about community activities, opportunities and service.

The network aims to operate within the framework of good practice provided by Powys Association of Voluntary Organisations and Wales Council for Voluntary Action, providing flexible yet consistent, reliable services.



## Activities During the Year

**CAMAD** is the Community Support and Volunteer Centre for Machynlleth and the Dyfi Valley. We have been running since 1998. Our catchment area covers the three counties of Powys, Ceredigion and Gwynedd. It is a rural area with a widely dispersed community in many outlying villages. Public transport is limited.

**Volunteering** – we work with local and national voluntary organizations finding suitable placements for volunteers both near and far. These can range from Befriending to Archiving at the National Library, Community Gardening to Youth Offending Panels, Hospital Radio to Meals On Wheels deliverers. Our ethos is to support our volunteers rather than simply placing them (unless that's all they require). We want to ensure they get the most from their volunteering and become an included part of the CAMAD family.

**Elderly Care** – we have an excellent reputation for our work with the elderly, providing volunteer drivers and deliverers for Meals on Wheels twice weekly on Tuesdays and Fridays [a service we now manage after it fell victim to financial crisis Council cuts], a Lunch Club fortnightly, and a Foot Care Club fortnightly using volunteers who are trained by NHS podiatrists (both practical and anatomy/physiology).

**Unemployment** – working closely with the Job Centre we aid unemployed volunteers to find placements which both improve their employability but also afford an opportunity to try out new things and uncover skills they never knew they had. Over the last year six of our volunteers have moved into full-time employment. Amongst this group there are often undiagnosed depressive conditions and we extend our supported volunteering to them. We continue to work on ways to assist these clients further through placements which offer certificated qualifications.

**Community Transport** – we operate a community car service where volunteers drive clients to hospital appointments, dental appointments and family visits. We cover distances from Machynlleth to Aberystwyth, Carno to Carmarthen, Llanidloes to Birmingham and are often called upon by the Welsh Ambulance Service when there is insufficient Non-Emergency Patient Transport to cover the demand usually with under 24 hours' notice.

Southbound rail links terminate in Aberystwyth and heading North only go Eastwards. If one wishes to travel to North Wales or South Wales by rail it involves a trip to Shrewsbury and Chester for North Wales, and Shrewsbury, Ludlow and Hereford for the South.

Additionally we run a Taxi Card scheme – for a small annual fee, members are entitled to 50% off their taxi journeys up to a value of £50 to £100 (depending on funds). We currently have 88 members.

We organise a twice monthly Lunch club for the elderly which has 18 members. A social Foot care service for older people run by volunteers are trained to do basic nail cutting keeping feet healthy helps eliminate falls in the home and who keep independence and social networks and currently has 32 members.

CAMAD took over the Machynlleth Meals on Wheels from PCC which was due to be scrapped due to the funding cuts, as we had organised it on their behalf for 9 years, we felt it was a service that should not be lost to the town so took it on as one of our core services.

We also offer a Community support volunteer help in the home with light gardening, shopping, prescription collection's and any other service we can provide.

**Mental Health** – CAMAD Pathways Project is a drop-in service for anyone living with mental health issues - from generalized depressive conditions to anxiety, obsessive compulsive disorders to addictions. Running on Tuesday's and Thursdays between 1 and 4, we have a small comfortable lounge area and communal kitchen. Soft music plays, there's always tea and biscuits and in the kitchen informal therapeutic activities including art and music and general discussion.

We also run a Women's Support Group Wednesdays 10.30to 12.30.

Our principle is to offer a space where people can enjoy each other's company, confidentially, knowing that everyone who uses the service has shared similar troubles. We are supported by local GPs and the Community Psychiatric Team visit regularly. We don't sit around talking about mental health - in fact it's a very good-humoured set-up. The point is there is the freedom to talk openly about what matters to you in social surroundings. Sometimes these things can't be talked about comfortably at home, and it's so easy to become isolated in the midst of depression.

Those living with mental health issues will through Pathways achieve a greater level of socialisation and inclusion, access to diagnosis and a conduit to specialized care if needed. Service users with increased confidence can use CAMAD as a route to supported volunteering, raising their employability or leading directly to employment. Service users at different stages of their use of the drop-in will feel empowered to use their experience to help future service users. Our ultimate aim is that Pathways will become a self-supporting inclusive (not exclusive) unit and a dependable venue for improving mental health in our community for many years to come.

There are no other organisations in our community that offer what we do or even close to it – the nearest are in Aberystwyth 19 miles away, or Newtown 28 miles away. Our research has been carried out in a subtle way through the social media and more directly through one-on-one conversations with CAMAD volunteers who fall within the scope of Pathways. We have been endorsed by our local surgery, the Community Psychiatric Nurse and by the local Community in our town with whom we have a good relationship in this field through running a Volunteering-On-Prescription programme (which is where we gained our credibility as effective providers of support in the area of mental health).

This Report covers the period 1<sup>st</sup> July 2020 to 30<sup>th</sup> June 2021 but as we all know the beginning of 2020 saw the outbreak of Covid-19 which curtailed our activities.

From March we had to close the office but we continued to provide some services and took on new tasks, for example we had to close the Lunch Club, Foot care and Pathways drop-in but we started a Prescription Collection and Shopping Service for those who were in isolation or unable to get out. In the first 6 months we did 358 collections and deliveries all over our area from Corris to LLanbrynmair as well as in our town of Machynlleth.

One service we didn't stop was meals on wheels in the above time scale 2 volunteers delivered 896 meal to 16 members twice weekly.

We started a new prescription delivery as people were self-isolating and unable to pick their medication up themselves our volunteers helped on average 6 people per day and as the Dyfi Valley is very rural she covered 1295 miles which equated to £584.95 in volunteer travel expenses.

In May 21 we re-started our Social Foot club for older people and those with disabilities who can't cut their toe nails we have 22 members who come to 6 weekly sessions so we have 3 sessions per month with 6 people per session we have 2 volunteers that help us provide this vital service.

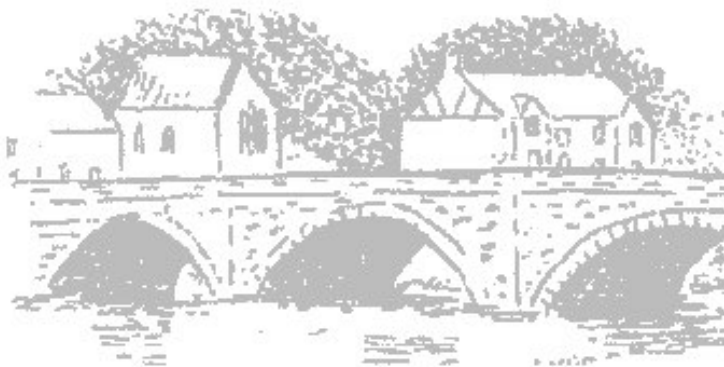
January 21 was when we started taking local people to their 1<sup>st</sup> Covid vaccinations this involved volunteers using their own car to drive a 63mile round trip from Machynlleth to the nearest vaccination centre which is in Newtown, even further from more rural villages and hamlets.

They took 63 people covering 4021 miles the busiest was march when we took 24 people covering 1597 miles.

Much of the time was also helping people over the phone with problems and queries and social calls all of these services have help relieve stress and anxiety to house bound people between the ages of 20 up to 100.

Covid has made many people who would say they had no mental health problems more anxious, they need help accessing society again and it has affected all ages.

There is no other organisation or charity in our community that provides the services that we provide we hope in these uncertain times to continue in to the future.



**Our objective** is to continue finding funders who appreciate the need for core cost assistance, which is growing harder and harder. Yet these costs are fundamental to our day-to-day running. Without these functional monies, projects (which are a more popular funding choice) have neither home nor worker. Our endeavour is to do as much as we can for the broadest cross-section of the community despite National, Town and County, and Government and Welsh Assembly funding diminishing.

The Trustees and staff of Community Action Machynlleth & District “CAMAD” Would like to give our thanks to all our funders for their support though out this year and in years past, with out it CAMAD would not be able to provide, services vital to our community and to provide employment to local people were there is very little. It is becoming harder to attract funding general running costs, but we have been successful for the last 19 years, we hope to continue into the future by giving value for money and to continue to provide much needed help to the more vulnerable members of our community.

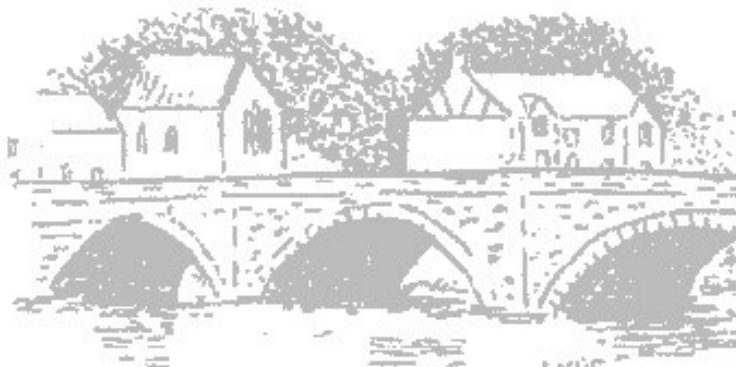
We also thank Ross Griffith, FCA, our auditor for the last 2 years.

Our heart felt thanks are given to our volunteers, with out their help and dedication CAMAD could not carry out our services.

Linda Hayward  
Manager  
30<sup>th</sup> June 2021

CAMAD

*‘Volunteering Community Support’*



Registered Charity No 1071497

CAMAD Annual Report

**Community Action Machynlleth and District  
Charity No 1071497  
INDEPENDENT EXAMINER'S REPORT**

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**Independent examiner**

**Vogue Management Services Limited**

**Unit 20 Strawberry Lane Industrial Estate**

**Willenhall**

**West Midlands**

**WV13 3RS**

**Date:9<sup>th</sup> October 2021.**

**Community Action Machynlleth and District (CAMAD)**  
**Reg Charity 1071497**  
**Statement of Assets at 30th June 2021.**

	<b>2021</b>	<b>2020</b>
<u>HSBC Current account</u>		
Bf 1st July 2020	54,207.61	23,350.24
Surplus/(deficit) for the year	4,084.00	15,769.22
<b>CF 30th June 2021</b>	<b>58,291.61</b>	<b>39,119.46</b>
<u>Represented by</u>		
Current account 91066706	31,216.26	37,635.53
Miscellaneous account 71388096	23,801.91	12,551.09
Transport account 71388088	3,273.44	4,020.99
	<u>58,291.61</u>	<u>54,207.61</u>

Community Action Machynlleth and District (CAMAD)  
Reg Charity 1071497

	Year ended 30th June 2021			2020
	Restricted funds	Unrestricted funds	Total	TOTAL FUNDS
<b>RECEIPTS</b>				
Tudor Trust Pathways	31,000.00		31,000.00	30,500.00
Footcare subs and donations.		525.50	525.50	676.70
Moondance		10,000.00	10,000.00	0.00
Powys County Council	3,628.50		3,628.50	1,642.18
Powys Volunteer Centre via PAVO	3,810.00		3,810.00	7,257.00
Community Transport: fees, donations and membership	3,900.40		3,900.40	2,983.65
PCC Grants for Community Transport	0.00		0.00	5,439.00
Covid 19		2,698.90	2,698.90	3,000.00
Garfield Weston Foundation		0.00	0.00	7,500.00
Powys Local Health Board	2,322.00		2,322.00	3,144.00
PLHB: NEPT	0.00		0.00	7,270.85
Sobell Foundation		0.00	0.00	5,000.00
Meals on Wheels contributions	6,016.85		6,016.85	5,442.00
Lunch Club	0.00		0.00	1,499.00
Donations		1,511.45	1,511.45	1,863.02
Fundraising inclu. Room hire & Coop Comm Fund		0.00	0.00	225.00
	<u>50,677.75</u>	<u>14,735.85</u>	<u>65,413.60</u>	<u>83,442.40</u>
<b>PAYMENTS</b>				
Salaries	33,291.48	6,341.23	39,632.71	40,776.05
Covid 19	2,533.03		2,533.03	690.68
Tudor Trust Pathways	625.68		625.68	584.40
Rent	2,105.00	2,105.00	4,210.00	3,990.00
Community Transport Expenses	3,446.30		3,446.30	9,887.90
Lunch Club Expenses	0.00		0.00	1,362.00
Meals on Wheels Expenses	4,655.78		4,655.78	4,819.20
Footcare Expenses		449.35	449.35	71.62
General running costs	0.00	3,983.66	3,983.66	2,344.71
Insurance	898.83		898.83	920.22
Equipment		714.26	714.26	1,708.40
Training staff and volunteers	0.00		0.00	110.00
Travel staff and volunteers		0.00	0.00	228.00
Professional fees	180.00		180.00	180.00
	<u>47,736.10</u>	<u>13,593.50</u>	<u>61,329.60</u>	<u>67,673.18</u>
<b>SURPLUS/DEFICIT FOR THE YEAR</b>	2,941.65	1,142.35	4,084.00	15,769.22
<b>BF 1st July 2020</b>	33,089.29	5,349.10	38,438.39	54,207.61
<b>CF 30th June 2021</b>	36,030.94	6,491.45	42,522.39	69,976.83

**Community Action Machynlleth and District  
Charity No 1071497  
INDEPENDENT EXAMINER'S REPORT**

We report on the accounts of the charity for the year ended 30<sup>th</sup> June 2021 set out on the following pages.

**Respective responsibilities of trustees and independent examiner**

As the charity's trustees you are responsible for the preparation of the accounts, you consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

**Basis of independent examiner's statement**

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with our examination, no matter has come to our attention:

(i) which gives us reasonable cause to believe that in any material respect the requirements:

- to keep proper accounting records in accordance with section 130 of the Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act

have not been met; or

(ii) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

**R.G.K.Griffith,FCA.**

**Independent examiner**

**Vogue Management Services Limited**

**Unit 20 Strawberry Lane Industrial Estate**

**Willenhall**

**West Midlands**

**WV13 3RS**

**Date:9<sup>th</sup> October 2021.**

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**Reg Charity 1071497**  
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